

**Office**

Betsie Hosick Health and  
Fitness Center  
The Journey Program  
102 Airport Rd.  
Frankfort, MI 49635

**Frankfort 2024 Classes**

September 7 – November 21, 2024

**Phone**

231-352-9661

**Fax**

231-352-9663

**Email**

thejourneyprogramtc@gmail.com

**Web**

thejourneyprogramtc.com

**Sponsored By**

**Duration:** 10 weeks

**Location:** Betsie Hosick Health & Fitness Center

**Days:** Tuesdays and Thursdays

**Time:** 1:00 p.m. - 2:00 p.m.

This program is sponsored by Paul Oliver Memorial Hospital of Frankfort and is offered as a community service free to cancer patients who are newly diagnosed, undergoing treatment, in remission and cancer survivors 2 years post treatment. The program runs for 10 weeks. The first 10 people to get their paperwork turned in will be accepted into this session and scheduled for an initial assessment prior to the program start date. Post assessments will be scheduled at the end of the program.

Please complete your health history and waiver and have a physician sign the release form. Once these are completed, please send the information back to:

Betsie Hosick Health & Fitness Center

Attn: Journey Program

102 Airport Rd.

Frankfort, MI 49635

Or fax to: (231) 352-9663

Once we receive your documents, we will call you to schedule your initial assessment which must be completed prior to program start date.

*Thank you!*

**Annemarie Wigton, NSCA**

Certified Personal Trainer, Cancer Exercise Specialist

(231) 276-2494

thejourneyprogramtc@gmail.com

thejourneyprogramtc.com

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Journey: Cancer Exercise Wellness Program